

ABSTRACT OF THE DISCLOSURE

The office gym exercise kit is a portable exercise kit that provides for a number of exercises to be performed by a user, including arm, leg and back exercises. The kit components are capable of attaching about a chair post and a chair back support to provide the exercises for the user. A flexible body is wrapped around the post and under the base of the chair then secured such that the flexible body remains in place around the chair post. A flexible band is wrapped around the chair back support. Both the flexible body and flexible band have retainers attached thereon. Several elastic straps are included in the kit. The elastic straps may be fastened to the flexible body and flexible band by latching onto the retainers. The user then exercises by extending the elastic straps with arms, legs or the like.